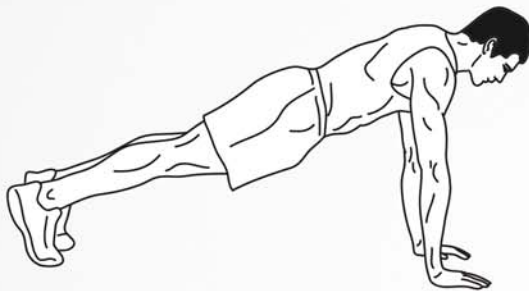


PUSH & PULL

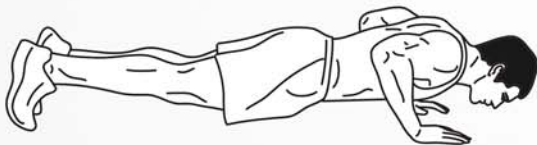
DAREBEE WORKOUT
@ darebee.com

EXPRESS



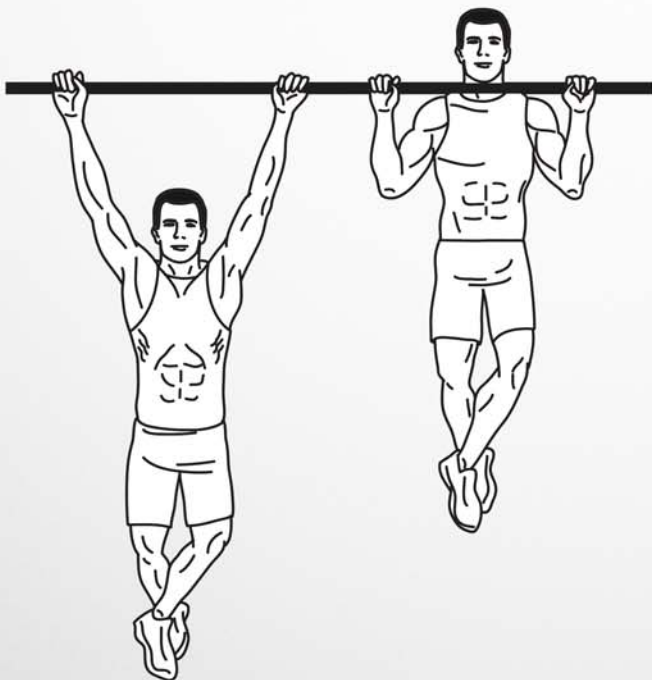
5 push-ups

to failure pull-ups



5 push-ups

to failure pull-ups



5 push-ups

to failure pull-ups

5 push-ups

to failure pull-ups

done